

# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



*Revealing the way to*  
**HEALTH HAPPINESS and PLENTY**

JUNE 1937

# AFFIRMATIONS

USED BY  
SOCIETY OF SILENT UNITY

May 20 to June 19

*Wise ways are ways of peace:  
The joys of wisdom never cease.*



*God lives in me; no more I pine;  
For love, and health, and joy are mine.*



*Perfect love hath quickened me,  
And fears of lack in terror flee.*

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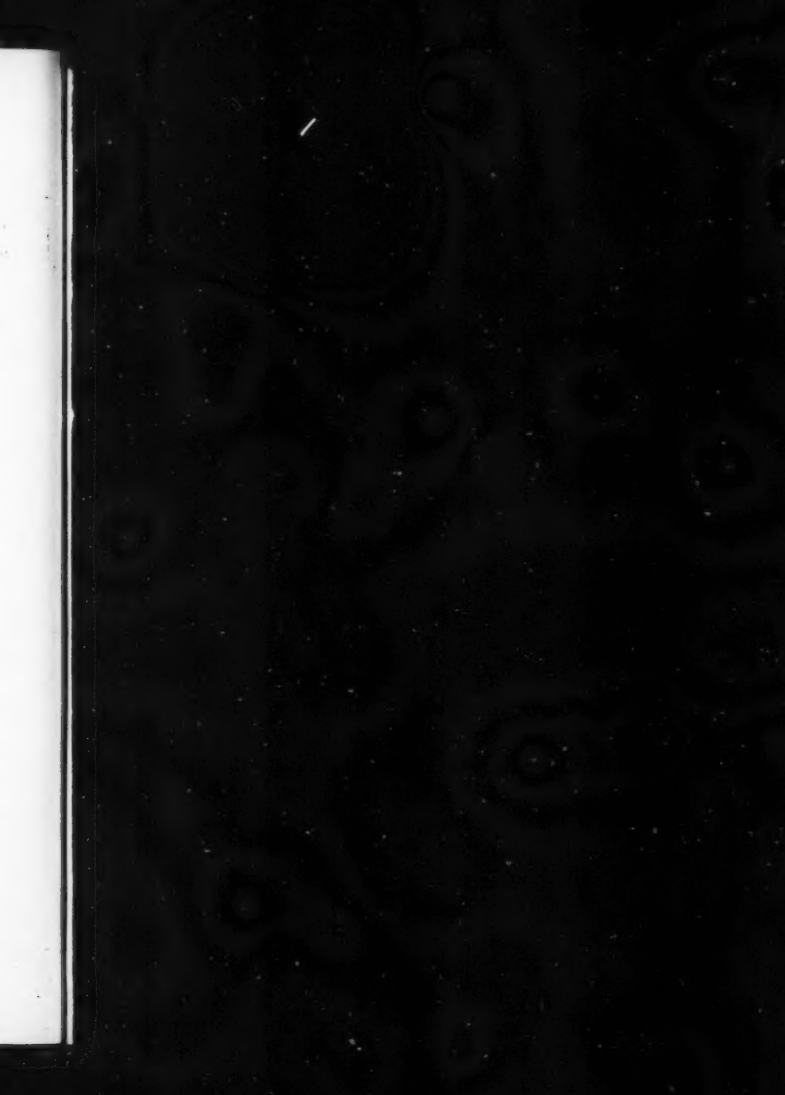
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# UNITY DAILY WORD

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No. 6

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

*Nonsectarian. Published monthly.*

F. B. WHITNEY, *Editor*



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## TODAY

Finish this day and be done with it. Some blunders and absurdities may have crept in; begin it well and serenely and with too high a spirit to be encumbered with yesterday's mistakes. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on the yesterdays.

—Ralph Waldo Emerson.

## PRAYER

RALPH MESERVE

Lord, I would think of lovely things!  
Help me to consecrate anew  
The thoughts that every new day brings,  
To see the beautiful and true.

King of Kings, O God, Thou art;  
Thou knowest all and hast all power,  
And Thou canst keep my mind and heart  
Serene and calm in every hour.

No thought of poverty or pain  
Shall have dominion over me  
Ever to mar my life again  
If but my mind be stayed on Thee.


Help me to think of lovely things.  
Let fear and strife and struggle cease;  
Replace my vain imaginings  
With truth and beauty, love and peace.

Oh, let my thoughts be pure and high  
As that great eagle, Lord, who wings  
His way across the pathless sky—  
Help me to think of lovely things.

\* \* \*

"Whatsoever things . . . are lovely . . . think on  
these things."

## THE WOMAN WHO HAD NO WORRIES

NCE UPON A TIME there lived a woman who believed that she carried the world on her back. She was seemingly bowed down by anxiety. She believed that the troubles of her family and those of her neighbors were her responsibility. Whenever there was anything to worry about in her neighborhood, she hurried to the spot to help the other folks worry. Of course she helped to increase their worry.

When there was something to worry about, this woman would develop every angle of the thought and emphasize every possible tendency to disaster. She was what we might call a professional worrier. She canvassed the neighborhood to spread the propaganda of how terrible things were.

There came a time when everything in the world seemed to change. She had always thought of herself as having a great deal of human sympathy. It was this which had always been a sort of alibi, permitting her to think and talk in terms of worry. The change came when she faced herself. A moment of detachment from things of the world came to her. In that brief time she saw that she need not relate herself to the affairs of the world if she did not want to do so. She saw that she could decide in her own mind whether to be worried or whether to be peaceful. In that moment of detachment she beheld her-

self as a woman who had no worries!

This woman found that when a new subject for worry came up she could consciously enter into a period of detachment from worry. She discovered that she had found a new way to pray. Prayer became to her a season of detachment from subjects that weighed upon her mind, a season when she discovered some new power within her that was greater than the subject of her worry.

The woman who had no worries had no thought of identifying herself with worry. There was nothing within her that vibrated to things of the world that excite worry. She discovered that worry could be translated or interpreted into a positive and workable force. She discovered that not having anything to worry about was a force that prevented things of a worrisome nature from coming to her. Her state of mind was a safeguard against worry. She saw that in the past her being susceptible to worry had drawn worry to her.

The woman who had no worries, who had learned to detach herself from the worry thought, would be considered an impossibility by those who are chronic worriers. Those who concern themselves a great deal about the state of things can hardly believe that any person would be able to live a life of such detachment that he ceased to worry. Becoming a person



without worry would be an ideal for many, but to reach such an ideal might seem an impossibility until they try the method of the woman who had no worries.

When something of a seemingly grave nature arises in your life, begin to pray before you start to worry. Enter into that quiet inner sanctuary where you are detached from the things of the world. Have your moment of detachment from things that would worry you; then they will not seem so strong or difficult when you have to deal with them. The inner power of prayer you find will enable you to handle your affairs without worry or anxiety.

The woman who had no worries had something else. She had the antidote to worry. She had an inner something that neutralized worry. Her detachment from things and from worry became her attachment to the power of prayer. She discovered the secret of demonstration, the inner process of prayer. She saw that many persons fail in prayer because they keep related to the thing that they seek to remove from their life. Her discovery came when she broke the relation between herself and worrisome things and when she made a contact with her indwelling Spirit.

Worry belongs to the person who feels a sense of apartness from God. His freedom from worry comes when he draws near to God.

## ARE YOU A G MAN?

IN ONE of the great fraternal organizations of the world the letter "G" symbolizes God. The letter is held before its members and neophytes with the idea of keeping the thought of God uppermost in their mind. Recently a new member wearing a small gold emblem of the organization with the letter G on it was referred to by a friend as a "G man."

The expression "G man" has come to mean to us one who protects us from the forces of evil. We think of the G man as one who protects the life and property of the family, the business, and the community. As a G man he must keep right and justice ever in mind.

Are you a G man? Do you keep God uppermost in your thought? If you are called a Christian, do you keep the principles of Christ ever before you? Do you wear the emblem "G" on your heart? Is God engraved upon your deeper consciousness? Are you a man of God in the sense of putting the principle of God—the principle of good, justice, honor, and right—before all else?

Metaphysically speaking, what do we mean by a G man? For our own purpose we can think of G as symbolizing God. We can think of the G man as one who keeps God uppermost in his thought and in his heart. We can think of the G man, the

man of God, as one who belongs to a race of people whose leader is God, who refers all things to Him, and who follows His direction at all times.

This new interpretation of the expression "G man" makes us think of God when we think of the man. Man appears to be partner with God in some sense. In the expression God comes first, man's divinity is considered before his humanity.

Have you thought of the other fellow as a G man, a man of God, blessed of God, bearing the seal of God on his heart? When you have been inclined to criticize another person, you have done so because you have lost sight of his God self.

Some persons more or less pervert this G-man idea. If their god is money, then G to them represents "gold." If they are tied to worldly things and earth-bound, their "G" may be thought of as "gravity." Their sense of god determines for them what G will stand for in their experience.

As you go forward in thinking about this interpretation of the G man, the expression has more and more possibilities. As we think about it the G assumes larger proportions. We behold more and more of the divinity of man caused by his indwelling God. There is a sense of man's decreasing as his consciousness of God increases.

What then is a G man, metaphysically consid-

ered? He is a man conscious of God, more conscious of his spiritual nature than he is of his personal self. He is a man more given to resort to God than to human agencies in time of need. He is a man more aware of the presence of the Spirit of God within him than he is of any presence or power unlike God.

Do you like this new interpretation of "G man"? Do you like to think of yourself as one? Is it not as easy to think of yourself as a G man as to think of yourself as something unlike God, something fearful and hateful and diseased? If you are a G man, you are not a diseased man, not something unworthy of the name.

The G-man consciousness must include the omnipotence of good. In our thought G must symbolize Good, capitalized and personified. We must see in the expression a statement of the truth that it is God, not man, that is thus symbolized.

G stands for several things: good, guidance, glory, government, gain. We see that God is in all these when we consider them from the standpoint of Truth. We see that the G man, in a new setting, can interpret himself from whatever angle he pleases in order to help solve his problem at the time.

He is a man of God who derives his thought and action from the consciousness of the presence of God. God needs man for His own expression.

## GOD OF THE NOW

EVE BRAZIER

I would live in the now  
And find it good;  
Aware of this moment  
That now is mine,  
Filled with the beauty  
And plenitude  
Of joys bestowed  
On a soul divine.  
I would see the world  
With eyes alight,  
Forgetting the past,  
Nor living ahead.  
But keeping my vision  
Upon the true,  
Eternal life,  
I would be fed  
With manna from heaven  
And give my praise  
To the God of the Now  
Through all of my days.

## KEEPING THINGS UNDER CONTROL

THE BEST and only way for us to keep things under control is to keep our thought about them controlled. Even the student of Truth is sometimes given to thinking of the magnitude of the problems he needs to solve when he should be busy thinking of the power of his own consciousness to keep them under control. Things get away from us, they assume a magnitude out of all proportion to the situation only when we become careless or ineffective in our thought about them.

On a certain plane of spiritual development, things of the objective world assume such a magnitude that we almost despair of our ability to cope with them. On every hand we hear of things. The press would have little to talk about were it not for man's concern about things. His interest in things may take on the aspect of literally filling his world with that which terrifies and dominates him.

As man progresses in understanding, he begins to interpret experience not from the standpoint of the objective world and things but from that of mind. He learns to resolve his world to a mental world. He finds that the power in his world is not inherent in things outside him but that it exists within himself. He finds that the objective world does not have control over him but that there is within him a power higher than himself that has power over his world.

We can control our world, keep things in it under our control, only through interpreting the world and experience in terms of mind. If we were not able to see the thought world and find ourselves master of it, we should find ourselves enslaved to our thought about the power of the world.

The advanced metaphysician keeps the things in his world under control, because he has learned to keep his thought about them under control. Viewing everything from the standpoint of mind, his own consciousness, he discovers that it is just as easy for him to think the thought that he has power over his world as it is to think that it has power over him. The thought process is the same in each case.

In the teachings of Jesus and other spiritual teachers man is directed to take his thought off things. He is directed to his own indwelling Spirit. He is taught that there is something greater within his own breast than exists in the objective world. The world in this connection is spoken of as *unreal* in contrast to Spirit as *reality*. Things of the world are considered as fleeting; in a state of constant change. Man is directed to his own Spirit as that which is constant, substantial, enduring. He is directed to the power of Spirit within him; and he turns away from what he has believed to be the power of things over him. Their size and shape no longer terrify him. The

light of Truth shining into his darkened consciousness has awakened him to the truth that he controls his life and the mere things about him.

Possibly the mightiest truth ever disclosed to man is that of the supremacy of his indwelling Spirit over the objective world. This is so simple that at first it is almost unbelievable. Man searches hither and yon for some revelation of a mystery only to overlook this, the secret of his control of his world.

Even as the Spirit of God rules the world so does the Spirit of God in man control man's world so that he may evolve into spiritual consciousness, the realization of the omnipotence of Spirit at all times. The individual with this truth in mind can make its application according to whatever his need may be. If he is bothered by the weather, he needs to take his thought off its power over him and to direct his attention to the Spirit within him. If he has believed that his work is too difficult for him, he needs to know that the Spirit within him can do all things. If he is disturbed by circumstances, he needs to know that he has within him that which is mightier than all these.

Go forth in the knowledge that God in the midst of you is mightier than all else. Know that the Spirit of God prevails so that you may come into a clearer realization of God's omnipotence.



## LITANY

Christ of the high hills:

Tower of light,

Vision of inspiration,

Ideal of man perfected,

Son of my Father,

Brother of mine,

Heaven's gift to humanity,

Heart of love,

Mind of purity,

Benediction of God,

Temple of wisdom,

Sanctuary of prayer,

Blessing bestower:

Christ of the high hills,

Remember me.

## TUESDAY, JUNE 1

---

*I abide in the stillness of the presence of  
God within me.*

AS WE meditate upon the presence of the Spirit within us, we find a sense of quiet stealing over us. The noise and disturbances of the world about us fade into the distance. We realize that in Truth we are ever identified with the stillness of God. We find that nothing in all the world can disturb us when we abide in His presence.

In the stillness of God we find perfect stillness. We find that we have within us that world of quiet against which nothing in all the world can prevail. We discover that this realm of quiet has power to take our weariness from us and to replace it with new energy. We find that in the inner realm of stillness we commune with God and identify ourselves with His life and power.

Find time today to turn to God. Regardless of where you are, turn to Him and to His inner stillness. Learn to direct the affairs of your world from the standpoint of the presence and power of God. Live in His stillness and in the power of His quiet.

*Shut thy doors about thee; hide thyself for a little moment.—ISA. 26:20.*

WEDNESDAY, JUNE 2

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*I rise out of all doubt and unbelief and  
increase my faith in God, the good.*

**N**O LONGER doubt the power or goodness of God. Do not lend yourself to doubt and unbelief. Do not question the power of God to establish good in your life. Give up doubt and unbelief and see your faith in God quickened and increased.

As you increase in faith, you will find that you lay hold of more and more of God's blessings. Your reward for faith will be that of seeing more and more of God's goodness. You will be compensated for your faith by seeing less and less of what you have believed to be evil.

You rise out of unbelief as you increase in faith. You cease to believe in adversity and find that you have faith in God. You can see that there is nothing mysterious in faith. The attention you have given to doubt is given to faith and God. You change from a negative outlook to one that is positive. You become positive and affirmative in faith, receptive to the goodness of God.

*He that trusteth in Jehovah, lovingkindness shall compass him about.—PSALMS 32:10.*

THURSDAY, JUNE 3

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*The patient Spirit within me causes me to  
be patient at all times and in all  
situations.*

HAVE YOU ever longed to find the source of patience or to be identified with some presence or power that would stabilize you in trying situations? You have within you the Spirit of God that is the very Spirit of patience. You cannot be impatient when you turn from the belief that persons and things can make you impatient. You need to know that your patience is centered in Spirit.

The impatient persons are they who do not trust God. They believe that things of the world can bring quick disaster into their life. They become so concerned with adverse situations that they lose sight of patience in Spirit.

The only way to be patient is to trust God absolutely. When things and persons would seem to make us impatient, we need to turn to God. We need to find within us that Spirit of patience which keeps us constant through all circumstances. We find that we are patient when we have found this Spirit of patience and discovered our relation to it.

*Patience in well-doing.*—ROM. 2:7.

## FRIDAY, JUNE 4

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*I find that God is always just toward me  
and that by turning to Him I see justice in  
all my affairs.*

JUSTICE is of God. When we are established in spiritual consciousness, we are established in God's justice. We are free from all belief that we can be plunged into injustice. Our mind is free from the belief that we can be unjustly dealt with or that injustice can appear in our affairs. There can be no injustice in the consciousness of perfect justice.

Keep your mind charged with justice and you can experience only justice. Only justice can be attracted to you when there is only justice in your thought. Do you see that your affairs are but the outpicturing of your consciousness? Have you realized that if you want justice you must think only in terms of justice?

God is always just. We have but to realize our oneness with Him in order to be identified with justice. We have but to give up thoughts of injustice in order to see justice manifest in all our ways. We dedicate our affairs to the justice of God when we dedicate our thought to His justice.

*Jehovah . . . hath filled Zion with justice and righteousness.—ISA. 33:5.*

## SATURDAY, JUNE 5

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*Through my consciousness of peace, I enter  
into God's world of peace.*

WE PRODUCE inharmonious conditions in our affairs when we think inharmonious thoughts to the exclusion of thoughts of Truth. Even as our inharmonious thinking has identified us with inharmony, so do our peaceful thoughts identify us with the peace of God. We emerge into God's world of peace when we establish ourselves in the consciousness of peace.

See that no inharmonious thoughts find an abiding place in your mind. You do not want to attract inharmonious conditions. See that you react to all situations from the standpoint of peace. Think in terms of peace at all times.

Think of yourself as a peaceful person. You can be peaceful as easily as you can be inharmonious. You can react to situations from the standpoint of peace as well as from the standpoint of being inharmonious. Other persons will come to think of you as harmonious and peaceful. Your environment will become one of abiding peace. You will find God's peace when you have found your own peace.

*Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

## SUNDAY, JUNE 6

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*The way of God—the way of light, peace,  
joy, and plenty—is the way I take this day.*

**M**AN has adverse experiences when he selects a way other than the way of God. He goes a way of adversity when he goes contrary to the wishes of God. He finds himself in adverse situations whence he can escape only by turning back to the way of God.

If you would take the path of God, you need to establish yourself in the realization that you are guided and directed by Him at all times. You need to know that you are directed into His way through His wisdom and understanding. You need to keep your thought directed away from every other voice or leading.

In Truth there is naught but the way of God. When we try to go contrary to Him, we find ourselves in difficulty. We discover that in order to go God's way we must keep ourselves open to God's guidance and direction.

Which way should you take today? Turn to your indwelling Spirit and be led by its guidance.

*My foot hath held fast to his steps;  
His way have I kept, and turned not aside.*

—JOB 23:11.

MONDAY, JUNE 7

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*God, the law of good, ever operates in my life as the one and only law of my existence.*

**D**ISABUSE your mind of all belief in bondage to laws of adversity. In Truth adverse laws have no claim over you. There is only God, only the law of good. The only law you are subject to is the law by which good is brought into evidence in your life.

Cease to think of yourself as under some law of ill luck, misfortune, and adversity. No longer think of yourself as ruled by any law other than the law of good. Know that as in Truth there is only this law of good so in your affairs there can be naught but the cause and effect of such a law.

Good is founded upon law. Prayer is based upon spiritual law. When we pray, we identify ourselves with good because of the working of this law of good. We lose sight of any former belief in laws of adversity and find that only God and His law operates for us.

Go forth this day in the realization that God as law is the law of good causing good to appear in all your ways.

*Hearken unto the statutes and unto the ordinances, which I teach you.—DEUT. 4:1.*



## TUESDAY, JUNE 8

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*I give up all worry and anxiety in order to  
increase my trust in God.*

WE SEE quite readily that in order to be free from all forms of anxiety we need only increase our trust in God. We agree that the individual cannot worry when he is trustful. He cannot be anxious when he places himself and all his affairs in God's keeping.

Those who worry show quite plainly that other thoughts than those of God fill their mind. Were they always thinking of God, they would always be trustful and free from anxiety. Were they to place their affairs in God's keeping with the thought of trusting in Him in all things, they could not entertain a thought of worry.

The chronic worriers are those who establish in their mind deep grooves of habit through which thoughts of worry flow to the exclusion of thoughts of peace, security, trust. Worry becomes subconscious and quite often goes on regardless of reason and what we may call ordinary common sense. Certainly worry can be replaced only by a decided change in thinking and by a turning to God with complete trust in His power to establish justice, right, and order.

*Be not therefore anxious.—MATT. 6:34.*

WEDNESDAY, JUNE 9

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*The goodness of God fills my mind so completely that good occupies my whole world.*

AS WE meditate upon the goodness of God, we find that we cease to believe in evil, sin, and adversity. We discover that we have related ourselves to God's omnipresent good. In this good we find there is nothing unlike or contrary to God.

God's omnipresence can make no room for that which man has caused and has called evil. In God's world of omnipresent good, in Truth, there is no evil. If God knew evil as something sharing existence with Him, then evil would take on the character of eternal truth and spiritual verity. God knows no evil, since evil cannot exist in Divine Mind.

Dedicate this day to thinking about good. See good in your world. Know that every evidence of good is but something of God's world come into evidence. The good you see but points the way to God's omnipresence of good. As you continue to think about God, you will find more and more evidence of His goodness. You will come to see that in His world, your world, there is naught but good.

*Jehovah also hath put away thy sin.—II SAM. 12:13.*

## THURSDAY, JUNE 10

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*God in the midst of me inspires me to  
courage and I am unafraid.*

**F**EAR derives from a sort of self-hypnosis. The person who is afraid is the victim of his own thoughts. He is fearful without regard to the state of things about him. His fear does not depend upon the objective world. The only way to get rid of fear is to neutralize it through a consciousness of courage.

The Spirit of God within you is the Spirit of your courage. You cannot be afraid when you are aware of the presence of God. You cannot be fearful of things of the world when your attention is centered upon your courage in Spirit. You go forth undaunted when you realize that your courage is from God, unchallenged, undefeated.

When thoughts of fear seem to be uppermost in your mind, when you are afraid of persons and things, turn to God. Let your thoughts of fear be replaced by Truth and courage. Rise to the consciousness that through the Spirit of God in the midst of you you are courageous and unafraid. The courage of God now fills you and you go forth in His courage.

*I, Jehovah, thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee.—ISA. 41:13.*

# Thy Blessing, Lord, All



Thy blessing Lord, o  
For weary es who  
Fare forth wond the  
The marvel of Emma  
Thy comradeship so  
Their hearts hall bu

Grant those who turn  
May find the faith tha  
Flamed brighter than  
And when thou hast  
Speak the words  
Bid all who love thee

Be thou with those w  
Where yearning earth  
Give them peace,  
New strength to face  
New light to lead th  
Thy blessing Lord, o

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Cl

# on All Vacation Days!

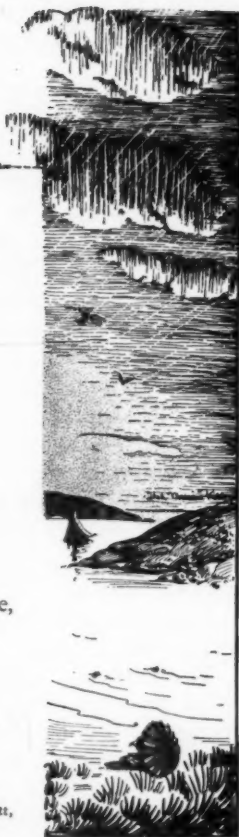
blessing Lord, on all vacation days!  
weary ones who seek the quiet ways,  
forth beyond the thunder of the street,  
marvel of Emmaus Road repeat;  
comradship so graciously bestow  
hearts shall burn within them as they go.

those who turn for healing to the sea  
find the faith that once by Galilee  
d brighter than the glowing fire of coals.  
when thou hast refreshed their hungry souls,  
the of words again, beside the deep,  
all who love thee, Master, feed thy sheep!

ou with those who bide where mountains rise,  
e yearning earth draws nearest to the skies!  
them peace, the courage that they ask:  
strength to face the waiting valley task,  
light lead through shrouding valley haze!  
blessing Lord, on all vacation days!

—Molly Anderson Haley.

ated. Reprinted from "Quotable Poems" by courtesy of Willett,  
Clark, and Colby.)



## FRIDAY, JUNE 11

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*God is ever with me, and I am conscious  
of my unity with Him.*

**W**ERE WE to think of ourselves as separated from God, we should be separated from His wisdom, peace, love, health, and plenty. We should continue to be separated from His blessings as long as we believed in such a separation. We could only restore ourselves to His blessings through rising to the consciousness of oneness with Him.

In God's world there are no divisions and separations. God's world is the great universal. When we live in the consciousness of the presence of God, we live in universal unity. We live in oneness with God and with all His blessings.

Always identify yourself with the good. Realize that in Spirit you are ever one with God, ever unified with His blessings. If you but keep this simple truth in mind, you will never find yourself apart from the goodness of God.

The purpose of prayer is to help us know that we are one with God. We pray in order to be free from any possible belief in separation. We are one with God, one with His goodness.

*Hail, thou that art highly favored, the Lord is with thee.—LUKE 1:28.*

## SATURDAY, JUNE 12

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*As I meditate upon the presence of God within me, I become conscious of His great love.*

YOU could not be unloving and at the same time meditate upon the presence of God within you. This presence inspires you to love. You are urged to give up all feeling of hate. You accept God's love and find that it is your own power to love.

When the individual becomes acquainted with Truth, the love of God within him becomes evident. He learns to react to all situations through the consciousness of love. He is not able to be hateful and unfriendly. Love becomes uppermost in his life.

Every one needs more love. Every person always needs more of God in his experience. He comes into the consciousness of love as he meditates upon the presence of God as love.

Keep unloving thoughts out of mind. Rise to the high consciousness in which you know that God as love rules your consciousness and interprets all things to you through His love. Dedicate this day to love and see in how many ways you can be the channel for God's love.

*Increase and abound in love one toward another.—I  
THESS. 3:12.*

## SUNDAY, JUNE 13

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*The Truth of God uppermost in my mind  
frees me from all error and misconception  
about life.*

MAN finds himself in adverse situations because he does not know and apply Truth. His misconceptions about life, his erroneous impressions, cause him adversity. When Truth dawns upon his consciousness, he must give up erroneous thought. He gives up belief in the power of sin, evil, fear, disease, and lack in order to accept Truth.

Jesus brought the Truth of God to suffering humanity. The truth about man's health delivers him from such misconceptions as disease. The truth about his supremacy over things of the world delivers him from his false belief that things have power over him. We can see that the Truth of God brought by Jesus becomes man's salvation from every kind of adversity.

When Truth is established in our consciousness, all negative and adverse belief is expelled. We come to know only Truth from thinking only of God. Adverse belief no longer has place in our mind. We measure all things by the standard of Truth.

*When he, the Spirit of truth, is come, he shall guide you into all the truth.—JOHN 16:13.*



## MONDAY, JUNE 14

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*Because of the joy of finding God in the midst of me, I am joyful in every experience.*

IF YOU will but find some source of joy that pretty well occupies your attention, you will discover that you can be joyful under all circumstance. For instance, think of the joy that has come to you through knowing that the Spirit of joy abides within you. Realize what joy would have escaped you if you had not found God. He is the source of true joy. When your joy is centered in Him, you are able to make every situation one of joy. Having found joy in your inner life, you discover that all things in your outer world must contribute to your happiness.

The person without joy is the person without God, without a realization of his oneness with God. The unhappy and sorrowful Christian lacks a knowledge of the presence of Christ, the presence of his constant joy. The long-faced Christian has always been considered a strange individual. Even those who are not Christians wonder why he who is a Christian cannot at the same time be happy.

*Then will I go unto the altar of God,  
Unto God my exceeding joy.*

—PSALMS 43:4.

TUESDAY, JUNE 15

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*The protecting presence of God is ever  
about me and I am free from all harm.*

WE CANNOT experience danger when we are conscious of the omnipresence of God, the presence of His protection. In God we are ever safe and secure. In His consciousness we realize that danger cannot exist for us.

You can go through any experience unscathed if you realize your oneness with God and His protection. "Put on the whole armor of God, that ye may be able to stand against the wiles of the devil." Infold yourself in the consciousness of God's protection that you may be able to withstand all danger. To the student of Truth there is only God, only His protection, only His presence of security.

If you feel that you run into many unhappy experiences, turn to the presence of God and His protection. Cease to think of danger as related to you in any wise. Relate yourself to God. Feel that you are ever in touch with Him.

The protecting presence of God keeps you from all evil. In fact, evil cannot exist in your world when you know that in Truth only God the good exists. His presence is ever with you.

*Under his wings shalt thou take refuge.—PSALMS 91:4.*

WEDNESDAY, JUNE 16

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*The mind of God now active in me inspires  
me to think only thoughts of Truth.*

WHEN WE realize that the mind of God is active within us, we know that we are unable to think thoughts of evil, thoughts contrary to God and Truth. Recognizing but one God, we recognize only one mind, only one spiritual consciousness, only one mind of Truth.

The mind of God needs the mind of man in order to have perfect expression. When man ceases to think thoughts of adversity, he is free to think in line with the mind of God. Man feels the activity of spiritual thought and knows that God is thinking in and through him.

Drop from mind such thoughts as you feel have no place in the mind of God. Cease thinking thoughts of evil, sin, fear, disease, and lack. Instead think thoughts of Truth, good, courage, health, and plenty. Think such thoughts as you idealize as belonging to the mind of God.

The mind of God is the mind of Truth. For this reason, we must think thoughts of Truth in order to identify ourselves with Divine Mind. We must keep in mind the thoughts that lead us Godward.

*Thy thoughts are very deep.—PSALMS 92:5.*

THURSDAY, JUNE 17

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*As I meditate upon the life of God within me I feel new life surging within me.*

**G**OD LIVES within you. You cannot exist apart from His life. You can limit the measure of life that you enjoy only by trying to live apart from Him. The only limitation upon your life is a self-imposed one. God's life is limitless.

The life of God is your life. To realize that you live in God is to know that you are one with inexhaustible life. You live because God lives within you. You break the unity between consciousness and the body when you cease to know that you are one with the life of God. Death is brought about because of this.

Live today in the knowledge that you are forever established in God's life. Know that you live in Him. Realize that you can draw upon Him for inexhaustible life. Know that His life renews, purifies, heals, and strengthens you. Abide in the consciousness of oneness with Him regardless of where you are or of the beliefs of others.

God's life ever fills you to fullness. His life refreshes you and relieves you of all sense of weariness.

*Christ liveth in me: and that life which I now live in the flesh I live in faith.—GAL. 2:20.*

FRIDAY, JUNE 18

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*The freedom of Christ is now emphasized  
in my consciousness and I declare my free-  
dom from all bondage.*

THE MESSAGE of Jesus is a message of freedom. He came to free the human race from bondage to its adverse thoughts. Jesus came to bring the Christ freedom to suffering humanity. His message is heaven's declaration of liberty from all bondage and limitation.

How did Jesus set man free? He gave him the truth that helps him find his own freedom from bondage. He gave man the truth that brings about his freedom from disease. He gave man the truth that awakens his consciousness to perfect freedom.

Are you in bondage to other persons? Do you feel that they limit your freedom? Remember the only bondage you can experience is that of your own limited consciousness. In the Truth of Christ you are free this day. No person or thing in all this world has power to limit or to bind you.

Go forth this day in the consciousness that you are forever free. Recognize nothing in all this world as having power to bind you.

*If therefore the Son shall make you free, ye shall be free indeed.—JOHN 8:36.*

## SATURDAY, JUNE 19

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*The light of God shining at the heart of my being is the light of my inspiration and understanding.*

REALIZING that God abides within us, we know that we have within us the very source of light and understanding. We realize that the presence of God inspires us to know that we do not abide in ignorance and darkness but in His presence of light.

The presence of God is ever with us as a constant inspiration. He blesses us with the power to know. He interprets our life to us. He reveals to us the spiritual significance and value of our experiences in the world. He puts us in a new and strange world, but with a light that guides and directs us at every turn.

To realize that the light of God is within us is to acknowledge that light as our power to know whatever we need to know. We realize that no information necessary to our highest good can be withheld from us. We know that the light of God reveals our good to us. We cannot be in the dark mentally when we know that God is with us.

*While ye have the light, believe on the light, that ye may become sons of light.—JOHN 12:36.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

June 20 to July 19

Illumination

*My illumination is from within and with Jesus I proclaim, "I speak not from myself: but the Father abiding in me doeth his works."*

Healing

*The healing power of Nature is reinforced in me by the healing power of God, and I am perfectly restored.*

Prosperity

*The riches of the all-infolding substance are now expressed in me, and I am abundantly prospered.*

SUNDAY, JUNE 20

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*The healing presence of Christ within me  
now obliterates my belief in disease and in-  
spires me to perfect health.*

HAVE YOU let the belief in disease become fixed in your consciousness until you believe that disease is something in your life? You cannot be whole and well until you wipe from mind all belief in disease. You cannot expect to be healed through the power of Christ as long as you persist in holding to the belief that disease has power over you. You are healed through Christ only when you recognize that there is only the presence of Christ, the presence of health, in you and in your life.

The truth about your health in Christ obliterates your belief in disease when your mind accepts Truth to the exclusion of all else. You must be thoroughly convinced about the truth of your health. You must realize that the wholeness of Christ comes forth in you as your abiding health when your entire thought is directed to Christ and health. You become healed when you are convinced that Christ in you is your perfect health.

*Behold, I will bring it health and cure, and I will cure them.—JER. 33:6.*



## MONDAY, JUNE 21

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*The rich consciousness of plenty is now implanted in me and I think and act from the standpoint of plenty.*

**I**N ORDER to be prosperous, you must first get the consciousness of thinking and acting prosperously. You must establish in mind the habit of reacting to all situations from the standpoint of plenty. You must assume the virtue you desire to have. You must use the consciousness of prosperity that you already have in order to develop and to strengthen it.

As we develop our consciousness of prosperity, we find that we think in terms of prosperity. We interpret situations not from the standpoint of lack and failure but from that of prosperity and success. We move into the picture of prosperity. We find ourselves thinking and acting according to the prosperity consciousness.

God's world is a world of plenty. We enter His world through the consciousness of plenty. We participate in His blessings. We find that His storehouse is open to us and that we can appropriate whatever of good we need and desire.

*Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.—III JOHN 2.*

TUESDAY, JUNE 22

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*The power of God inherent in me is the power of good prevailing over the so-called power of evil.*

**T**HINK often of God's omnipotence, the all-prevailing power of good. This power is inherent in you. It was placed there at the time of your creation. It is the power that prevails against what you have considered the power of evil. In Truth there is only God's omnipotence.

If you are in the habit of thinking of evil as having power, begin to think of God's omnipotence. Meditate upon the allness of God to the exclusion of that which is unlike Him. Think of God's omnipotence as the power of good expressing itself through you as authority over that which you have believed to be some power of adversity.

If you would know the power of God as your health, you must no longer think of disease as having power. God's power is not shared with anything unlike Him. He is a jealous God in the sense that He admits no rival power.

The power of God in you is your power over evil, sin, hate, fear, disease, and failure.

*With authority he commandeth even the unclean spirits, and they obey him.—MARK 1:27.*

WEDNESDAY, JUNE 23

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*I give up every thought that causes mental tension and relax in mind and in body.*

GIVE UP every thought of fear, tension, and resistance if you would relax. Tense muscles and nerves result from tense thoughts. You cannot hope to relax while you hold thoughts of tension in mind. Your physical relaxation depends upon mental relaxation.

If you will but place yourself and all your affairs in the keeping of God with the thought that all is well, you will be free from tension. Realize that God is now taking care of you. Know that in His world your affairs are divinely ordered. You cannot be tense when you realize these truths.

Relax from all belief that persons and things of the world about you can harm you in any wise. Your good cannot be kept from you. Relax in the consciousness that all your affairs are regulated and adjusted according to the will of God.

Relax in the knowledge that henceforth you will keep from mind thoughts that cause tension. Relax knowing that all is well with you and with all things in your world.

*They rest in their beds, each one that walketh in his uprightness.—ISA. 57:2.*

## THURSDAY, JUNE 24

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*As the temple of God my body expresses  
His health, perfection, and strength.*

HAVE you learned to regard your body as what it is in Truth, the temple of God? Do you think of the presence of God as assuring your body of health, perfection, and strength? Your body is God's body, the vehicle by which He embodies His thoughts of health, perfection, and strength.

Take care of your body as you would take care of a sacred temple given into your keeping. See that you keep out of it every belief in sin, evil, disease, and death. Fill it with thoughts of life and health.

God's temple is a temple of purity, holiness, consecration. Consecrate your body to God. Think of it as His temple. This will help you to keep it in a state of health.

In your body are embodied God's ideas of health, perfection, and strength. Your body is the embodiment of God's perfect ideas about the body. Your body is the manifestation of such ideas as will give you a healthy body. Direct your thought to the perfection of your body and see a perfect body appear.

*He spake of the temple of his body.—JOHN 2:21.*

## FRIDAY, JUNE 25

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*The forgiving Spirit of Christ now active  
in me makes me forgiving.*

**D**O NOT try to forgive another from the standpoint of personal consciousness, which is an attitude of mind in which you give consideration to personal slights and offenses. Rise to the impersonal consciousness of Christ. Let Christ in the midst of you forgive. Let the Christ in you greet the Christ in the other person in the spirit of forgiveness.

The forgiving Christ is the Spirit within you that looks beyond the personal offense of the moment and beholds another person freed from blame. You see him restored to the place in your respect and affection from which in Spirit he has never fallen. You get into the universal consciousness in which there is no offense, where forgiveness is law.

The forgiving Spirit of Christ abides within man as a force that causes him to behold another as free from blame. Man forgives easily when he leaves the work of forgiveness to the Christ within him. He discovers that the forgiving work of Christ is thoroughly done.

*Whatsoever thou shalt loose on earth shall be loosed  
in heaven.—MATT. 16:19.*

SATURDAY, JUNE 26

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*Turning to the Spirit of God within me, I  
am exalted in spiritual consciousness.*

NOTHING can cast us down when we realize that through the presence of the Spirit of God within us we are ever exalted. Things of the world cannot interfere with our sense of exaltation when we realize that it is centered in the presence of God. Exaltation comes from that Spirit within us which ever lifts us above depressing conditions.

If you are inclined to let persons and things of the world depress you, turn to God. Find within yourself the presence that cannot be debased. Find the presence of God, the Spirit that ever lifts you up.

When you are centered in the presence of God, you cannot be affected by the state of things about you. Things cannot cast you down when at the same time you know that God lifts you up. You cannot be debased when you are conscious that God is ever exalting you.

Live in the realization that you have within you the exalting Spirit of God. When you are inclined to be cast down, turn to God. Know that you can depend upon Him to lift you out of any adverse situation.

*Arise, shine.—Isa. 60:1.*

SUNDAY, JUNE 27

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*The renewing power of Spirit is ever active  
in me and I am renewed in every part.*

WITHOUT the power to renew himself, man would soon find himself going through a process of crystallization and age. He would find himself without spirit, without new life, without the power to recharge himself with energy. He would discover that in some sense he was cut off from sources from which to renew his power.

The renewing power of Spirit within you is that which keeps your body in a constant state of repair. You are kept whole and well because of this power. The renewing work of Spirit goes on day and night without your knowledge. You are constantly being renewed in mind and in body.

Living in God, you live in the consciousness of renewal. You know that God is ever active in renewing your world. You live in a world in which you see things from a new angle. The renewing power at work in your mind gives you new ideas and new viewpoints.

Dedicate this day to new ideas. Pray for a new outlook.

*Jehovah's lovingkindnesses . . . are new every morning.*  
—LAM. 3:22, 23.

MONDAY, JUNE 28

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*Christ abides within me and His Spirit occupies my whole world.*

**L**EARN to live in the realization that you have within you the very Spirit of Christ. Know that His Spirit fills your whole world. In Truth there is only Christ. He is all in all. He is omnipotent, omnipresent.

We have within us the spark of the divine that is known as the Christ in man. When we turn to this presence of Christ, we realize that in Truth there is nothing to oppose Him, nothing to interfere with His goodness. We realize that when we keep our hearts centered upon Him there can be nothing in our life but the presence of that which is like unto Christ.

Christ abides within you at this moment. He is directing your thought to that in your life which is divine, good, noble, and beautiful. He seeks to occupy your whole thought and thus to occupy your whole world.

Learn to live with Christ. Establish the practice in your life of often turning to Him. Regardless of what you may be doing, you can be inspired by just a moment's reflection upon your oneness with Christ.

*Christ is all, and in all.*—COL. 3:11.



TUESDAY, JUNE 29

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*When I pray I realize that I am becoming one with God and the blessing I seek.*

PRAYER identifies us with the blessing we need and desire. We draw near to God in prayer and find that we are unified with the very thing we seek. We see that prayer reveals our interrelation with God.

Prayer is but man's acknowledgment of his relation to God. He turns his attention to God and becomes one with His goodness. As he prays he becomes more and more conscious of the blessing God bestows upon him. He sees that prayer is a simple matter, just a communion between soul and Spirit.

When you pray, do not get into the attitude of begging. You do not have to beg God, your loving Father, for a portion of His multitude of blessings. You have but to realize that as a child of God you receive whatever of good you need and desire.

Pray in the consciousness that God's blessings are yours. Pray in the realization that there is no lack in His storehouse. Pray believing and knowing that you will receive from God whatever you ask for in His name. Pray for a greater consciousness of God's willingness to share His good with you.

*The prayer of faith shall save him.*—JAMES 5:15.

## WEDNESDAY, JUNE 30

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*In directing my thought to the presence of God within me I find my attention centered upon heaven.*

FINDING the presence of God within us, we find His kingdom of heaven within and about us. Having directed our thought to God, we find that in turn He directs us to His heavenly kingdom.

Many of us were taught to believe that heaven exists in the distance and in the future. Some have believed that heaven can be reached only through their failing to live. To many heaven is a mystery. To the student of Truth heaven is a harmonious state of consciousness in which he discovers his relation to God and His blessings.

Turn your thought away from all belief that you can be separated from God or heaven. Learn that heaven is in your very midst and that you live in the midst of it. Find heaven within yourself and you will discover that it fills your whole world.

Live this day in the heavenly consciousness. Realize that the kingdom of God is now revealed to you as the kingdom of perfect harmony.

*I was not disobedient unto the heavenly vision.—ACTS 26:19.*

## THE SEVENTH YEAR OF THE UNITY TRAINING SCHOOL

May 31 to September 24 marks the 1937 schedule of the Unity Training School, and plans are going forward to make this seventh year the best one in the history of the school.

**THE FACULTY**—The following teachers from Unity School will conduct classes: Charles and Cora Fillmore, Ernest C. Wilson, Francis J. Gable, Celia C. Ayers, George E. Carpenter, Clara May Rowland, Elsie Shaw, Ralph E. Johnson, Florence Harling, and Ralph O'Day. Teachers from the field who will teach special classes are: Georgiana Tree West, of Louisville, Kentucky; Paul M. Rigby, of Seattle, Washington; Richard Lynch, of Lees Summit, Missouri; Louis E. Meyer, of Rochester, New York; Ocoa Moore, of Orlando, Florida; and Mary Wessel, of Bozeman, Montana.

**SUBJECTS LISTED**—There will be classes in *Lessons in Truth*, *Christian Healing*, *Miscellaneous Writings*, *The Twelve Powers of Man*, *Talks on Truth*, and *Prosperity*, as well as courses in *Methods and Ideals*, *Bible Interpretation*, *The Silence*, and other fundamental subjects.

**CONSULT THE PROSPECTUS**—In the Prospectus you will find detailed information about registration, courses, living quarters, and other matters. Address a card to 917 Tracy, Kansas City, Missouri, and obtain a copy. Decide now to let your summer plans include a period of study at the Unity Training School.



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But they tell us that taking an active part in this work has blessed them in unexpected ways. By pledging themselves to send a Unity periodical every month to a person who needs its inspiration they have brought themselves into accord with the God-given law of giving and receiving. The result has been blessings for the givers as well as the receivers.

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RUTH YOLAND SHAW

So many great things  
Are done in silence!  
Along the sky's highway  
The moon passes,  
Dewfall veils the grasses,  
The morning mist lifts  
From hill and shore.  
Rosebuds into roses unfold,  
And sun gold drifts  
To valley and wold.  
Smiles are bestowed,  
Eyes light with understanding,  
And grief is allayed.  
Shadows depart.  
Prayer ascends heavenward,  
And peace steals into the heart:  
So many great things  
Are done in silence!

★ ★ ★



